

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-29-07)

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### B430 – MACARONI, ELBOW, ENRICHED, REGULAR, DRY, 20 LB



### Nutrition Information

Macaroni, elbow, enriched, dry and cooked, no salt added

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Grains/Breads</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Macaroni, elbow (¾" to 1½" in length) made from semolina or durum flour. Enriched with thiamin, riboflavin, niacin, folic acid, and iron.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>20 lb case.</li> <li>One 20 lb case AP yields about 70 cups dry elbow macaroni OR about 195 cups cooked macaroni and provides about 780.0 ¼-cup servings cooked macaroni OR about 390.0 ½-cup servings cooked macaroni OR about 260.0 ¾-cup servings cooked macaroni.</li> <li>One lb AP yields about 3½ cups dry elbow macaroni OR about 9¾ cups cooked macaroni and provides about 39.0 ¼-cup servings cooked macaroni OR about 19.5 ½-cup cooked macaroni servings OR about 13.0 ¾-cup servings cooked macaroni.</li> <li>CN Crediting: ½ cup cooked macaroni provides 1 serving grains/breads.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store pasta off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%).</li> <li>If ideal storage conditions are not available, store pasta under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	½ cup dry (53 g)	½ cup cooked (70 g)
Calories	195	111
Protein	6.85 g	4.06 g
Carbohydrate	39.20 g	21.60 g
Dietary Fiber	1.7 g	1.3 g
Sugars	0.93 g	0.39 g
Total Fat	0.79 g	0.65 g
Saturated Fat	0.15 g	0.12 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.85 mg	0.93 mg
Calcium	9 mg	5 mg
Sodium	3 mg	1 mg
Magnesium	28 mg	13 mg
Potassium	85 mg	32 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.06 mg	0.04 mg

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>For 100 ½-cup servings: Boil 10 gal water (optional, add 3½ oz OR ⅓ cup salt). Add 5 lbs 4 oz macaroni. Slowly stir macaroni until water boils again and cook uncovered about 10 minutes. <b>DO NOT OVERCOOK.</b> Drain.</li> <li>Pasta is done when tender, but firm. If pasta is to be used in a dish requiring further cooking or held on a steam table, undercook it slightly.</li> <li>Drain pasta and rinse in cool water to stop cooking. When pasta is not to be served immediately, drain off water and toss lightly with a small amount of salad oil to prevent sticking and drying out. Cover tightly and store.</li> <li>To reheat pasta, place in a colander and immerse in rapidly boiling water just long enough to heat thoroughly. <b>DO NOT OVERCOOK.</b></li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>Macaroni may be combined with a tomato or meat sauce.</li> <li>Use in recipes for soup, casseroles, or salads.</li> <li>Combine with eggs, fish, fowl, vegetables, meat, or cheese.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>Visually inspect for presence of foreign substances, insects, or molds before use.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>